

Child Care Health Consultation Lesson Plan

Contractor Name: Standard Lesson Plan

Date Submitted: January 15, 2015

☐ Children's Health Promotion

Adult Training on Content Area V: Health and Safety Select one standard and one level	Health and Safety Standards		Training Levels				
	<input type="checkbox"/> Promoting Risk Management Practices		<input type="checkbox"/> 1	<input checked="" type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
	<input type="checkbox"/> Protecting Children and Youth		Source: Core Competencies for Early Childhood and Youth Development Professionals (Kansas and Missouri), 2011				
	<input type="checkbox"/> Promoting Physical Health						
	<input type="checkbox"/> Promoting Mental Health						
	<input checked="" type="checkbox"/> Promoting Healthy Eating						

Title: Dietary Guidelines for Americans – Healthy Food That Tastes Great

Training Goal: Participants will gain information for healthier eating and increasing physical activity from the science-based “Dietary Guidelines for Americans” (2010)

Learning Objective(s): Participants will:

- Identify small changes to make to choose healthier fats, less salt, and less added sugars.
- Find out how food substitutions, using spices, herbs, and salt-free seasonings can provide new ways to eat healthfully.
- Review recipe modifications & cooking techniques to reduce calories, solid fats (saturated and *trans* fat), sodium, or added sugars.

Topical Outline of Content	Training Method(s)	Time (in minutes)
<p>NOTE TO TRAINER: All supporting training documents (activities/quizzes/video clips, powerpoint slides, handouts) , & evaluations can be accessed and downloaded at: http://health.gov/dietaryguidelines/workshops/</p> <p>Introduction/Review the Learning Objectives</p> <ul style="list-style-type: none"> • Objective 1: Small changes to choose healthier fats, less salt, and less added sugars <ul style="list-style-type: none"> – Review handout: <i>Enjoy Healthy Food That Tastes Great</i> • Video: <i>Healthy Can Be Tasty</i> <ul style="list-style-type: none"> – Review handout: <i>Find Someone Who. . .</i> • Objective 2: Learn about food substitutions , using spices, herbs, and salt-free seasonings for new ways to eat healthfully <ul style="list-style-type: none"> – Review handout: <i>Tips for Healthier Choices</i> – Review handout: <i>Reduce Your Sodium (Salt) Intake</i> • Activity <i>Note:</i> Choose ahead of time & gather supplies. For Activity 1, review <i>10 Tips to a Great Plate</i> • Objective 3: Learn ideas for recipe modifications & cooking to reduce calories, solid fats, sodium, or added sugars <ul style="list-style-type: none"> – Review handout: <i>Modifying a Recipe/Recipe Makeover</i> (at-home activity) • Increasing Physical Activity <ul style="list-style-type: none"> • Review handout <i>MyPlate</i> and how to use <i>10 Tips to a Great Plate</i> • Wrap-up/Q&A <ul style="list-style-type: none"> – Reminders of things to try at home: • Ask participants to complete the evaluation form 	<p>Intro Lecture/discussion/ video clip</p> <p>Lecture/Handouts/</p> <p>Lecture/Handouts/ Activity</p> <p>Lecture/Handouts/ Wrap up</p>	<p>5 min 10 min</p> <p>10 min</p> <p>10 min 10 min</p> <p>15 min</p>

Method(s) of Outcome Evaluation: Participation in group activities, responses to Q & A / Evaluation

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Date Approved:
January 15, 2015

Authorized Approval Signature:


Date Expires: January 2018
